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FY 14, 8th Edition

SAFETY SENSE

Soldier bikers must be ready for anything

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From the time we started riding bicycles, many people were infatuated with the idea of motorcycles. Did you ever clip playing cards into the spokes of your bicycle tires to emulate the engine noise? The fact is, for hundreds of thousands of people, "riding" is one of the greatest joys and free experiences they could enjoy.

The troubles often begin when riders do not get appropriate training, start taking unnecessary risks, think they are invincible and then tangle with stationary objects or other vehicles.

Follow these



simple steps to make sure you ride safe each time you mount your bike.

- Attend an approved motorcycle safety course. The SDARNG Safety

Office will reimburse any Soldier who attends the basic or Experienced Rider course. Also, you can take the experienced riders course the following year and then every third year after that. It will give you the basic steps to learn and then



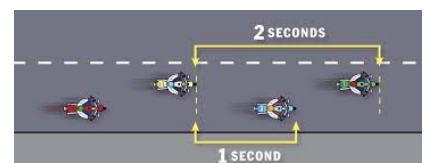
teach you skills needed to navigate today's roads safely. Go to <http://www.southdakotasafetycouncil.org/motorcycle> for a schedule of courses available to you.

- Always wear your PPE. Boots, (over then ankle) Jeans (or other sturdy long pants), long sleeved shirt, leather palmed gloves, eye protection and a DOT approved helmet are a minimum. (Full

faced helmets afford more protection but even a half helmet is better than no helmet. Some other items to consider: leather chaps, leather riders jacket and a reflective vest.

- Inspect your bike before each ride. Remember TCLOCS: Tires and Wheels, Controls, Lights (all of them), Oils, Chassis and Side Stand. Keep your bike maintained IAW manufacturers recommendations.
- Ride responsibly: Don't speed, don't race, don't try to beat the yellow light or the train crossing. Pass when it is safe to do so. When being passed, give plenty of room for evasive action. When in a group, ride staggered as illustrated below.
- And don't combine the ride with alcohol. The effects can be disastrous.

Be sure to read the [TAG's Motorcycle and ATV Policy](#) to ensure to stay within the guidelines. (From the home page of the intranet, open Policy Letters, J-1 HRO and you will find it.).



LINKS:

Motorcycle training and registration

<http://www.southdakotasafetycouncil.org/>

TCLOCS Inspection list

<https://safety.army.mil/povtoolbox/AdditionalTools/TCLOCSInspectionSheet/tabid/1798/Default.aspx>

DOT approved helmet identification

<http://www.nhtsa.gov/people/injury/pedbimot/motorcycle/unsafehelmetid/pages/page2.htm>

Keep hydrated and stay healthy

Many foods contain water, vitamins and minerals. They will aid you in nutrition as well as hydration.

Summer time is back, and as the winter months took their toll on many of us, it is time to get back outside and enjoy the season. However, before you jump back into outdoor activities remember to properly hydrate. Dehydration can lead to many ill effects to include heat cramps, heat exhaustion and heat stroke. Heat

cramps are a painful condition that is telling you “your body needs fluids”.

However, heat stroke can be serious and potentially fatal if not treated immediately. The best treatment is always prevention. Prevention is attained by proper hydration and fitness. Here are a few tips on how to stay well hydrated:

- Drink lots of water before, during and after strenuous activities.
- Coconut water (not milk) with lemon is an excellent source of rehydration as well as other health needs.
- Beverages containing caffeine (tea, colas, coffee) work to dehydrate you. So does alcohol. Avoid them, or at least use in moderation.
- Sports drinks can also replenish vital electrolytes (sodium, potassium, etc)

If you look on the internet you may find there are as many sites advocating water over sports drinks for hydration as the opposite. A good rule of thumb is don't rely on one. Drink water and occasionally add a sports drink for the electrolytes.

Many foods will also assist in maintaining proper hydration such as watermelon, cantaloupe, cucumbers, tomatoes, grapes, zucchini, grapefruit and mixed green salads. These foods contain water, vitamins and minerals. They will aid you in nutrition as well as hydration.

The best indicator of your hydration status is how you feel and the color of your urine. Pay close attention and use these preventative measures to stay healthy and hydrated. Also be a good battle buddy and watch over those around you for health issues.



Work/Rest and Water Consumption Table
Applies to average sized, heat-acclimated Soldier wearing ACU, hot weather. (See TB MED 507 for further guidance.)

Easy Work		Moderate Work		Hard Work	
<ul style="list-style-type: none">• Weapon Maintenance• Walking Hard Surface at 2.5 mph, < 30 lb Load• Marksmanship Training• Drill and Ceremony• Manual of Arms		<ul style="list-style-type: none">• Walking Loose Sand at 2.5 mph, No Load• Walking Hard Surface at 3.5 mph, < 40 lb Load• Calisthenics• Patrolling• Individual Movement Techniques, i.e., Low Crawl or High Crawl• Defensive Position Construction		<ul style="list-style-type: none">• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load• Walking Loose Sand at 2.5 mph with Load• Field Assaults	

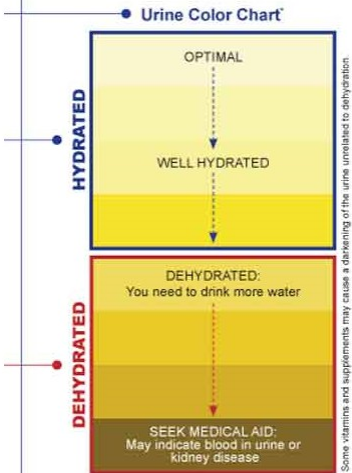
Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	½	40/20 min	¾
2 (green)	82° - 84.9°	NL	¾	50/10 min	¾	30/30 min	1
3 (yellow)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (red)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (black)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).
- NL = no limit to work time per hr.
- Rest = minimal physical activity (sitting or standing) accomplished in shade if possible.
- CAUTION: Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not exceed 12 qts.
- If wearing body armor, add 5°F to WBGT index in humid climates.
- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.
- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.



For additional copies, contact: U.S. Army Public Health Command Health Information Operations Division at (800) 222-9698 or USAPHC - Health Information Operations@agc.army.mil.
For electronic versions, see <http://cpgm-www.apgcs.army.mil/heat>. Distribution unlimited. Local reproduction is authorized.
CP-033-0811

Are You Hydrated?
Take the Urine Color Test





LOSS OF WATER = LOSS OF PERFORMANCE

- ➔ Don't wait until you are thirsty to drink.
- ➔ Cool, plain water is the best performance fluid replacer.
- ➔ Drink regularly and frequently...before, during, and after activity.
- ➔ When performing strenuous activity for more than 60 minutes, use a sports drink containing sodium and carbohydrates to hydrate and fuel performance.

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AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)



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